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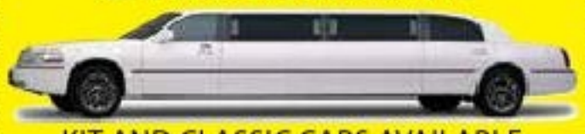

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Camera Ready Copy: **Thur. 10 July - 12 Noon**
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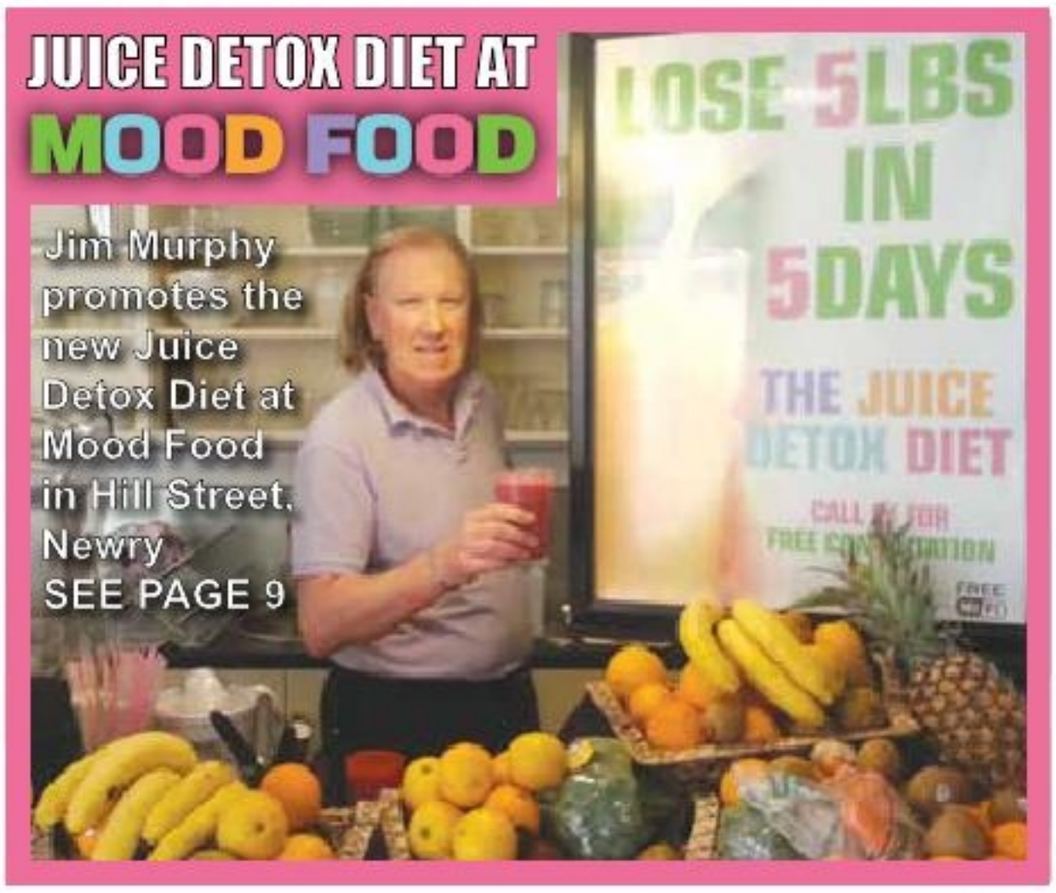


Jim Murphy promotes the new Juice Detox Diet at Mood Food in Hill Street, Newry
SEE PAGE 9

Rosie Brady's
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# Revolutionary Mini Tummy Tuck

## Record demand for non-surgical treatment

A new non-surgical 'mini tummy tuck' treatment is now available in Northern Ireland. We learn about the must-have treatment that is in record demand.

Summer is a stone's throw away, and whether you plan on spending your summer holidays in a far-flung and exotic location or a bit closer to home, most of us are facing the same predicament. Namely, how we can blast our body into shape in time to slip into that body-hugging tee that we bought perhaps a little too optimistically last year, because let's face it, those pesky few pounds that were supposed to melt away - well, they haven't lost themselves.

Release those deep breaths - there's hope in sight, and it's called The Mini Tummy Tuck. Over the past few years there's been a growing trend in body contouring and body shaping procedures that shrink love handles and reduce fat and cellulite on the abdomen, belly, back, arms, thighs, hips and buttocks. The best part? It's completely non-invasive. No surgery, no knives, no long recovery times.

### You can typically expect to see results within two weeks

Yep - we're serious. Therapie Clinic was one of the first beauty clinics to start the revolution in Northern Ireland, and they're helping clients reduce stubborn fat deposits for good - without going under the knife. The treatment has come all the way from Hollywood with a celebrity following that includes Kim Kardashian, Heidi Klum and Britney Spears. The clinic has reported a record demand for the treatment since it's launch. There is now a waiting list in two of the clinics in Northern Ireland.

It almost sounds too good to be true, but the process is grounded in scientific research which has found that applying heat and cold to troublesome areas helps melt fat cells while leaving skin and muscle tissue unaffected.

Treatment takes place using FDA-approved technology, with individual sessions lasting up to 70 minutes. Patients meet with Therapie Clinic's specialists to discuss the best treatment options for their Mini Tummy Tuck, depending on their individual body shape. The Tummy Tuck employs a bespoke approach of freezing and heating techniques in order to maximise fat loss. The blended programme can reduce fat by up to 40%. You can typically expect to see results within two weeks. It'll take about 90 days to see the full effects of the body blitzing fat detox.

Before



After

One of the best features of the Mini Tummy Tuck is that it can work for different body types: it's great for those who are fit and near their optimum weight but still have problem love handles or cellulite. The treatment is also hugely beneficial where clients want to target their tummy area post pregnancy. If you want to see measurable results; toned skin and an improved silhouette, try the non-invasive mini-tummy tuck at Therapie Clinic. It's a fraction of the cost of a surgical procedure, and you can get straight back to normal activities immediately. Clinics include Donegall Place in Belfast, Carlisle Road in L/Derry, Merchants Quay in Newry and a new clinic in Enniskillen. Call Therapie Clinic for a free consultation on 08000 121 565 or see www.therapieclinic.co.uk.

**Call 08000 121 565** Belfast - L/Derry - Newry - Enniskillen

**Find out more about our treatments, visit www.therapieclinic.co.uk**

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This year's golf season is well under way and with the warm weather and long evenings back there are now no more excuses as to why you and your family should not take advantage of the marvellous facilities at Kellys Golf Centre, The Avenue, Milltown Street, Burren. Whether it is Pitch 'n' Putt, Target Golf, or maybe you just want to smack a few balls in the driving range, this facility has a lot to offer.


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The popular Junior Summer League is now up and running and the big question seems to be can anyone stop Rian Carville? Judging by the League Table on my last visit, Dylan Meddillcot was only 3 points behind Rian, and I am told by all accounts this is going to be a very interesting contest. New entrants can join the Summer League at any time, so phone in or call down to Kellys Golf Centre any Saturday morning to join in the fun.

There always seems to be something going on at Kellys Golf Centre, where fun is the common denominator. They are currently running a number of promotions including a longest drive competition every Tuesday 6pm - 8pm and a closest to the pin competition every Friday 5pm - 7pm. The next main event is Kelly's Student Challenge on Saturday 26th July. Students have to be 16 or over to enter and you are asked to follow Kellys Golf Centre on Facebook for a run down of the event and prizes.

Kellys Golf Centre are now taking bookings for their Junior Summer Camps. These have proved to be very popular over the years and this year is no exception. So you are advised to get in touch with the Centre as soon as possible to secure the weeks that suit you and your child best.

**Finally, Kellys Golf Centre would like to congratulate Colm "Junior" Campbell on winning the recent East of Ireland competition. "Looks like all that hard work in our Driving Range paid off. WELL DONE!"**

For further information on what's happening at Kellys Golf Centre telephone 028 4177 3247.

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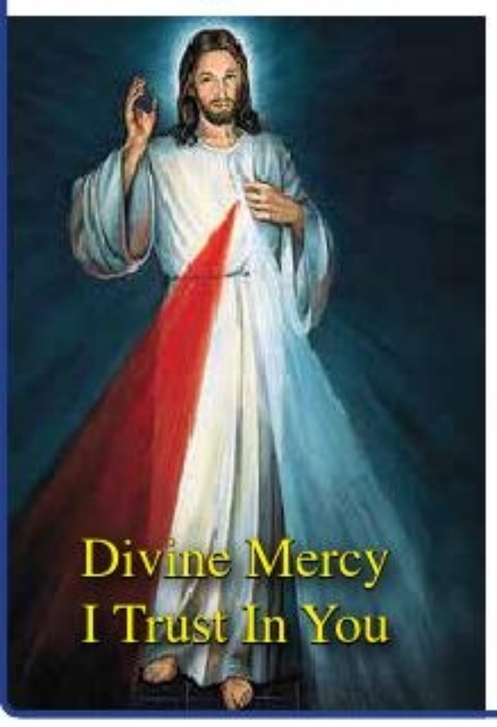


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## SUMMER SALE!

### Up to 80% off Laser Hair Removal at Therapie Clinic Plus claim your bonus free treatment

It's almost shorts and swimsuit season, and while we can't wait to show off some skin, we're less than happy about the hair-removal upkeep it requires. Shaving, waxing, sugaring, depilating, tweezing - no matter how often anyone does it, the hair always comes back. The one possible exception is laser hair removal, which removes most unwanted fuzz and stubble. Once prohibitively expensive and available only to people who allowed their hair to grow between treatments, laser hair removal is now within reach of more people. Laser hair removal has never been so affordable. Therapie Clinic, the leaders in laser hair removal are doing a special offer on Laser Hair Removal. They are including a free treatment along with every course of laser purchased in their 80% Sale.

If you have ever considered laser then now is the time to try it out.

Imagine never having to think about time consuming, bothersome and downright painful waxing and shaving, ever again? Picture it now - stubble free, smooth and silky legs! Laser works well on pale skin and dark hair, it is best to book in for your treatments before you fly off for your holidays. In short, Therapie Clinic has the most advanced laser machines, in the most luxurious of environments. It's a treat going along for treatment! Their clinics are a quiet haven away from the hustle and bustle of every day life. Star Rating: XFactor's Melanie McCabe is a big fan of Therapie Clinic. "I just love laser. I cannot believe the difference already. I never have to worry about waxing or shaving again!"

Therapie Clinic is also the most affordable, offering the most competitive of prices, 0% interest, free consultations and patch tests. Therapie Clinic are offering up to 80% off Laser Hair Removal at the moment in their summer sale. Why not book a free consultation and experience the star treatment yourself, call 08000 121 565 or learn more online at www.therapieclinic.co.uk

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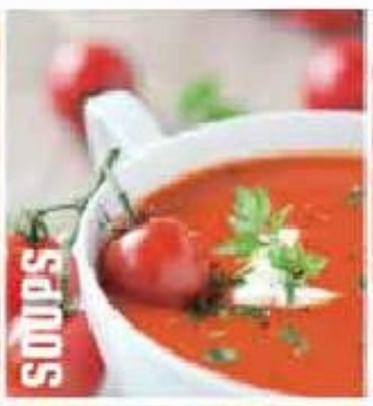

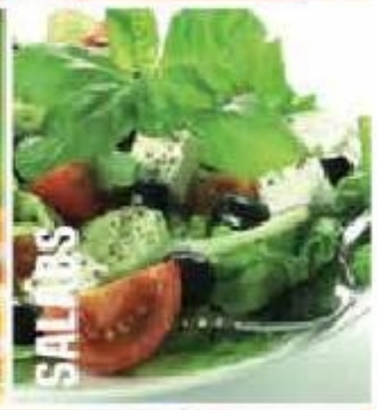

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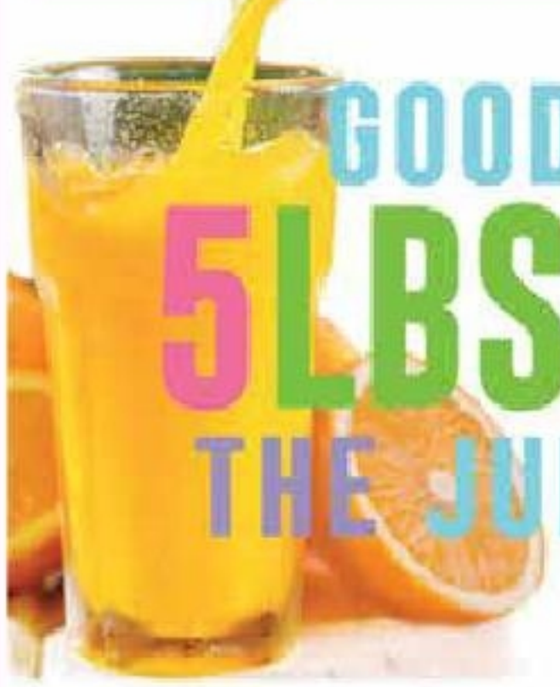

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# Gerry Armstrong:

## Legendary Footballer, Sky Sports Pundit and World Cup Expert, gives the Play by Play on his recent Laser Eye Surgery from Optilase

Gerry Armstrong is a legend among football fans, with an illustrious playing career. He represented Northern Ireland on 63 occasions and is best known for his astounding goal against Spain in the 1982 World Cup; earning him a place in World Cup History.

Now a respected journalist and broadcaster, Gerry is commentating on many of the games in the eagerly awaited 2014 FIFA World Cup from Brazil and then straight into the Spanish La Liga for Sky Sports.

After deciding he wanted to address the problems with his near vision, and discovering the KAMRA solution exclusive to Optilase in Northern Ireland, he is enjoying his new found freedom from glasses.

### The difference to my life has been nothing short of absolutely remarkable and outstanding

"I'd thought about trying to do something about my eyesight problem for a long time; all the TV commentary and analysis I do means I watch a lot of games; work on the computer, travel a lot, am never off my phone and I just couldn't put up with the reading glasses any longer.

Optilase came highly recommended by friends and colleagues, so when I checked them out online I found that they have a Lifetime Care Guarantee, which I found reassuring. I made the call; asked some preliminary questions and took the plunge - I made the appointment for my free consultation. I visited the Clinic in front of the City Hall, in Belfast; it's simply stunning and very professional - the clinic staff were absolutely fantastic. After some excellent coffee and filling out a quick questionaire, I was completely put at ease and made to feel very welcome.

I then I met with my Optometrist, Michael. He put some drops in my eye, then took some scans and conducted vision tests, explaining everything to me as he went along.

The consultation took about an hour, and Michael explained I had presbyopia, or ageing of the eye, which is why I'd been holding things at arm's length to see them- my eyes were trying to focus and the lens had gotten stiff so I'd lost crispness and clarity of near vision. It happens to most people over 40 apparently, but many don't notice it for a few years until they get sick of having to put on and take of reading glasses; like me.

Mr. Wayne Crewe-Brown and the Optilase Team at Optilase Belfast

I knew Optilase were the Number One provider of Laser Eye Surgery in Europe, but I didn't know they exclusively offer a revolutionary solution for presbyopia in the form of a tiny optical inlay called KAMRA.

When I came back for my procedure I met with the Medical Director, Ophthalmic Surgeon Wayne Crewe-Brown. He's a very nice guy, and has performed over 50,000 surgeries so I felt fairly confident in his abilities!

We got started and it was over before I knew it - literally. I was in surgery for about 15 minutes but the actual procedure only took seconds; he put anaesthetic drops in my eye; I did not feel a thing! I just had to look at a red dot light, with my eye wide open – after a few seconds, that we me done!! I've been in the dentist much longer.

I had a mild headache and a little dryness that evening - I'd been told to expect that - so eye drops and two paracetamol took care of it. I was very impressed with the Surgeon; he was absolutely exceptional and I have to say that the Surgery and the Clinic team couldn't have been any better and put me completely at ease – they really were remarkable.

The difference to my life has been nothing short of absolutely amazing and outstanding. I can see up close, away in the distance and everything in-between. It's great for my work. I really must say a heartfelt thank you to Optilase for making me see my life HD. The only regret that I have is not doing it sooner wish I had years ago! Please don't make the mistake that I did and make the call to Optilase today.

Consultations are free at Optilase, call 08000 121 565 to book; for more information about the KAMRA Reading Vision Solution, visit www.optilase.co.uk

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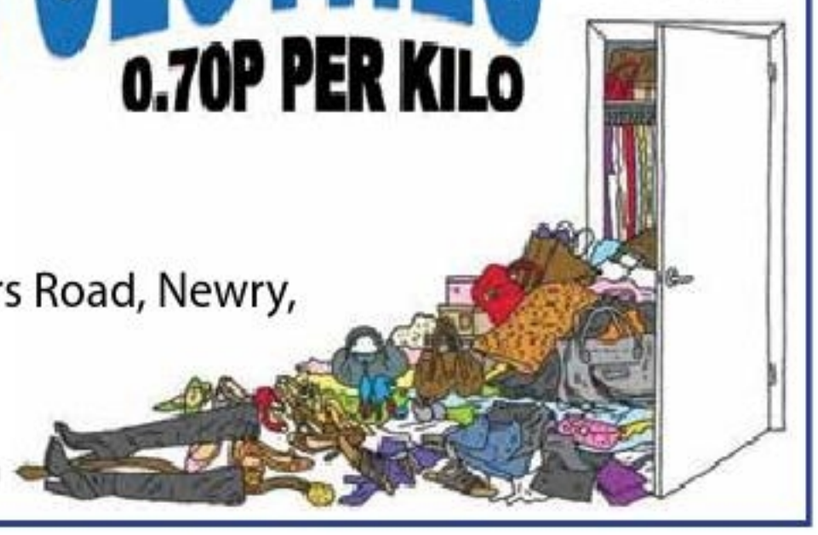

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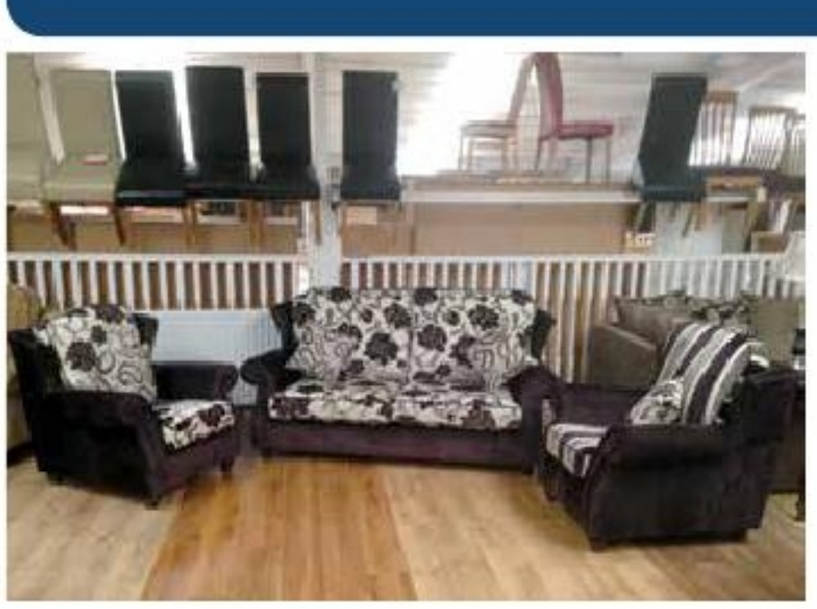

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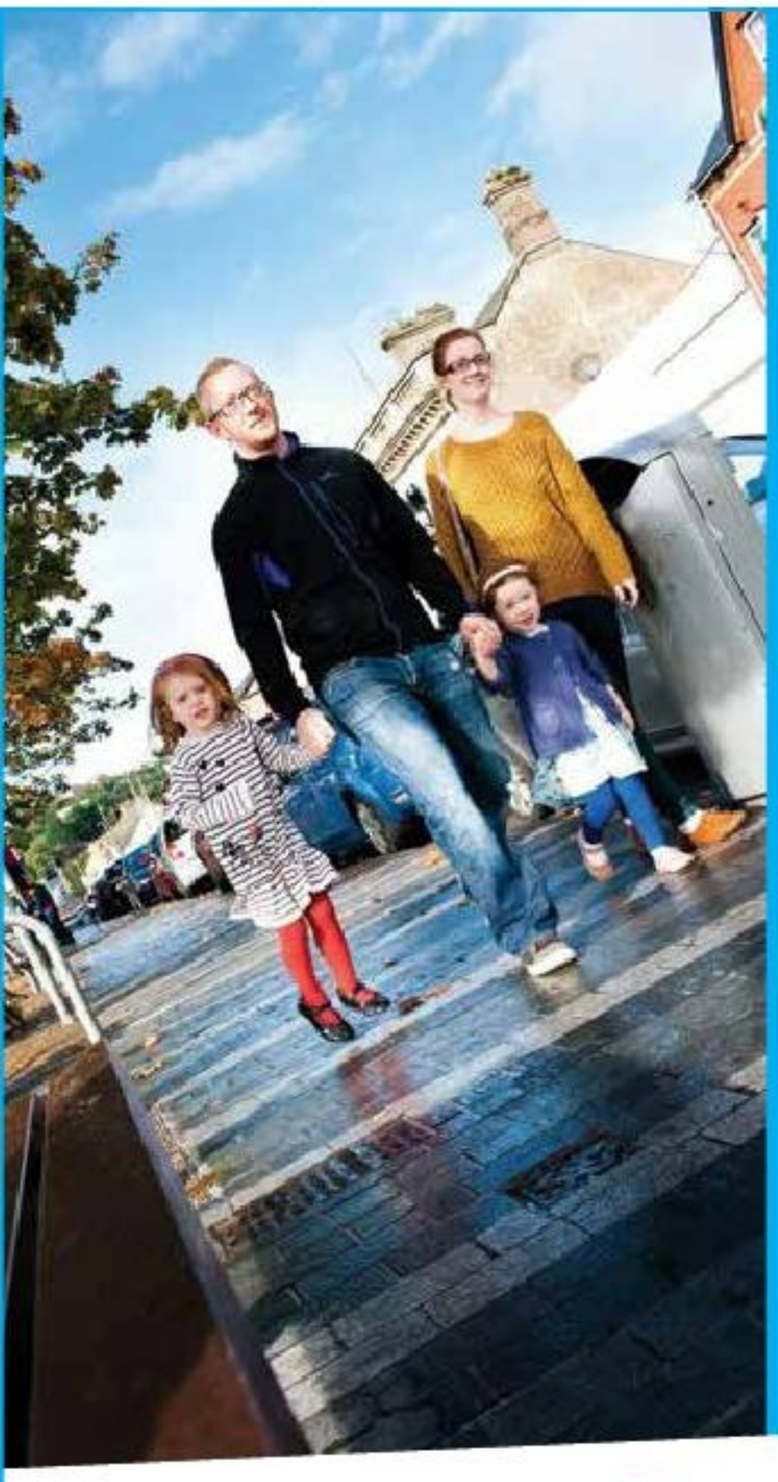

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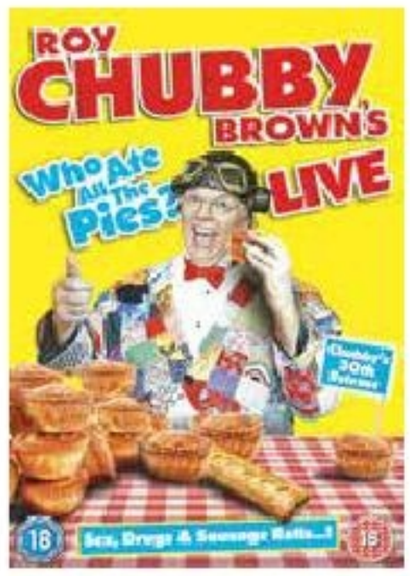


This festival will be one Warrenpoint has never seen before, with headline acts such as Bagatelle, More Power to your Elbow, Mike Denver, Nathan Carter, International DJ Joel Corry, famous comedian Roy Chubby Brown, and the world famous band Smokie. We are sure to cater for everyone's' needs whether you're into country, rock, some comedy or a livelier night of dance, there is a night for you!

BAGATELLE

Mike Denver

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WARRENPOINT

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£10 SUN 3rd on the door THE WHISTLIN' DONKEYS & THE MINDBENDERS

£15 TUE 5th Mike Denver supported by Johnny Brady

£22.50 Who Ate All The Pies? WED 6th ROY CHUBBY BROWN LIVE followed by THE MINDBENDERS

£10 THU 7th Joel Corry International DJ & star of MTV's Geordie Shore plus support DJ's

£15 FRI 8th Nathan Carter & Ben Currie

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£10 SUN 10th The Boogie Men Justin McGurk and Crowning of Maiden of the Mournes

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19-26 JULY 2014

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www.gijivefestival.com

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Even though a depressed person seems super-calm, almost in a trance, they are in fact highly emotionally aroused. They never stop worrying. So initially the psychotherapist helps the person to calm down so that they can think clearly about their situation instead of worrying. Secondly they help the depressed person to identify and find solutions to whichever of their life's needs that are missing.

The depressed individual will be worrying about something in their life that is not working properly, perhaps financial difficulties, or a difficult relationship or pressure at work, or some threat. When a combination of events occurs simultaneously, a person may begin to worry excessively and become highly anxious.

***Paul Grant***

Excessive worry and the fear which it induces, puts huge pressure on the dreaming function of the brain during sleep. We now know that people dream at night to de-arouse their highly- charged emotions. We normally have two hours of dream (REM) sleep per night to de-arouse our mental "software", and 5-6 hours of restorative sleep to recharge our bodies with energy. Depressed individuals dream for many hours each night and so do not get enough restorative sleep, so often wake up feeling exhausted. They may thus achieve little the next day, causing even more worry, more depletion, and depression.

Fortunately, Human Givens psychotherapists can help clients break this cycle of worry, sadness and anxiety very quickly. They have helped people, depressed for 20 years or more to recover completely within weeks and months. The majority of recovered clients no longer need anti-depressants or tranquilizers.

There are some basic tools for breaking the cycle of depression; 7:11 Breathing - Making the out-breaths last 1/3 longer than the in-breath quietens the mind; Exercise - 30 minutes five times per week - raises our mood; Solutions - Spending time thinking about solutions, when the high emotional arousal has been lowered. The psychotherapist will assist the client with these and teach other tools that can break the cycle of depression for good.

If you have a consistent low and depressed mood, consider making an appointment with Paul Grant who is a Consultant Psychotherapist in Human Givens therapy. Paul runs a private therapy practice from The Newry Clinic, Windsor Avenue, off the Belfast Road. Paul works daily with patients who are depressed, anxious, stressed, addicted, suicidal, experiencing relationship difficulties, have phobias or panic attacks. To make an appointment or talk with Paul, call 077 3973 1424 or 028 3044 1668.

For more information see www.paulgranthgtherapy.com

The Newry Clinic

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*Dr. James Urquhart MA Dip Psych MBA Ph.D*
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CBT has also been shown to be an effective way to treat a range of mental health conditions such as anger management, alcohol misuse, relationship problems, sleep problems, eating disorders (anorexia and bulimia), post-traumatic stress disorder, obsessive compulsive disorder (OCD), panic attacks, phobias and a number of chronic medical conditions where managing symptoms is a priority.

CBT works by helping you to make sense of sometimes overwhelming problems. Your thoughts, feelings, behaviour and physical state are all interconnected, often trapping you in a negative spiral. CBT helps you to stop these negative cycles. It aims to break down the factors that make you feel anxious, bad or scared.

Compared with other talking therapies, CBT can be completed over a relatively short period of time, (6-10 weeks) meeting with myself once weekly and working to a personalised treatment plan.

The Newry Clinic

THE NEWRY CLINIC

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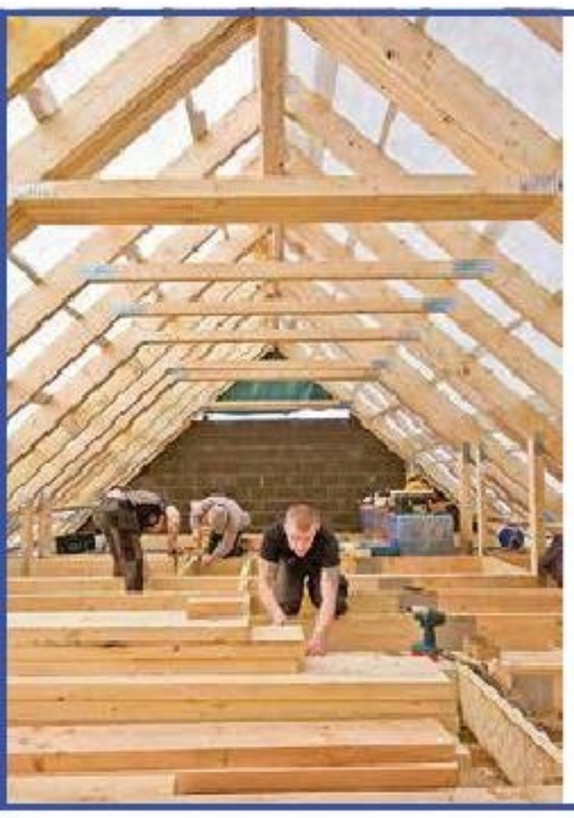

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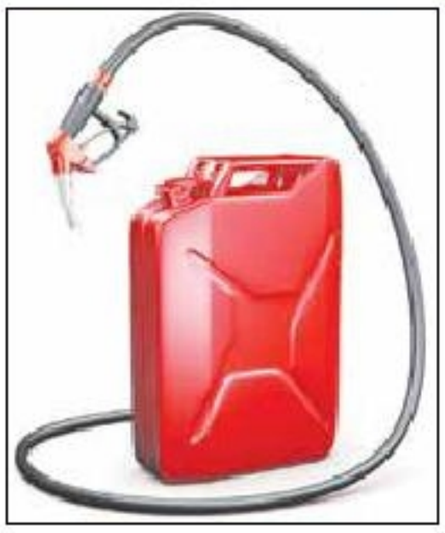

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Models Shown: Jazz 1.4 i-VTEC ES Plus Manual in Milano Red Non-Metallic, Civic 1.4 i-VTEC S Manual in Milano Red Non-Metallic and CR-V 2.0 i-VTEC S Manual 2WD in optional Passion Red Pearl. Terms and Conditions: Nil Advanced Payment offer on Jazz 1.4 i-VTEC ES Plus Manual and Civic 1.4 i-VTEC S Manual, £1,299 Advanced Payment offer on CR-V 2.0 i-VTEC S Manual 2WD. All offers are correct at the time of going to print however Honda (UK) reserves the right to change this offer at any time. Models subject to availability. Written details available on request. The facilities offered are for the hire of goods. The scheme is available to recipients of the Higher Rate Mobility Component of the Disability Living Allowance or War Pensioners Mobility Supplement. To qualify for this offer you must be in receipt of a minimum of 12 months allowance. Valid for applications between 1 April 2014 to 30 June 2014 to Motability Operations Limited (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB. Promoters: Honda Motor Europe Limited trading as Honda (UK) at 470 London Road, Slough, Berkshire SL3 8QY (Registered Company No. 1373876), City Gate House, 22 Southwark Bridge Road, London SE1 9HB.

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